

NIGHT ROUTINE GLOW

The Glass Skin Night Routine

A seven-page printable checklist for the hour before bed.
Nine steps, a weekly tracker, and the wind-down timeline.
Print it, put it on the mirror, and keep the hour.

US Letter · Print at 100% · nightroutineglow.pages.dev

The Nine Steps

The order matters less than doing them at the same hour.

☐ **Dim the lights**

Lower the lights about an hour before bed.

☐ **Phone on the shelf**

Charge it away from the bed, not on it.

☐ **Warm shower**

Finish a little cooler than you started.

☐ **Cleanse**

Take the day off your face, gently.

☐ **Hydrate the skin**

While it is still slightly damp.

☐ **Last sip of water**

Small glass, not a bottle.

☐ **Tomorrow on paper**

Three lines. Get it out of your head.

☐ **Stretch or breathe**

Five slow minutes is enough.

☐ **Same time, every night**

The hour matters more than the products.

Weekly Tracker

Tick the box. Nine weeks of this and it stops being a decision.

Habit	S	M	T	W	T	F	S
Lights down by 9							
Phone on the shelf							
Cleanse							
Moisturise							
Water							
Tomorrow on paper							
Stretch							
Lights out same time							

Sleep Hygiene Checklist

The room does half the work.

- ☐ Bedroom cool and dark
- ☐ No screens for the last hour
- ☐ Caffeine before 2pm only
- ☐ Same wake-up time on weekends
- ☐ Bed is for sleeping, not scrolling
- ☐ Curtains or an eye mask
- ☐ Write down what is on your mind
- ☐ Something boring to read
- ☐ Alarm across the room

Foods for Clear Skin

Groceries, not supplements. Start with the first one.

☐ **Water**
The boring one that actually shows.

☐ **Leafy greens**
Spinach, kale, rocket.

☐ **Berries**
Blueberries, strawberries, raspberries.

☐ **Avocado**
Healthy fat, and it keeps you full.

☐ **Salmon**
Or sardines, or walnuts.

☐ **Sweet potato**
Roasted, with olive oil.

☐ **Yogurt or kefir**
Plain, unsweetened.

☐ **Green tea**
Earlier in the day.

☐ **Nuts and seeds**
A small handful.

The Wind-Down Timeline

Ninety minutes, counted backwards from lights out.

90 MIN Last meal done. Lights start coming down.

60 MIN Phone goes on the shelf. Shower.

45 MIN Skincare, slowly. This is the nice part.

30 MIN Tomorrow on paper. Three lines.

15 MIN Stretch, breathe, or read something dull.

0 MIN Lights out. Same time as yesterday.

Notes

What worked, what did not, and what you want to try next week.